

A PAGE FOR WOMEN AND THEIR INTERESTS

LOCAL CHAT: HOME AND FASHION HINTS: RELIGIOUS AND OTHER ACTIVITIES: THINGS FEMININE

OUT-DOOR CIRCLE SUGGESTIONS FOR HONOLULU BEAUTIFUL

Trim down all hibiscus hedges to eighteen inches in order to get new growth for flowers and more perfect foliage. Trim down high hedges so as not to endanger the lives of those in vehicles in attempting to round curves. Plant clumps of hibiscus in corners of the garden adding to the effectiveness by massing varieties of corresponding color and form. Remove all dead branches from the trees.

A strenuous week for the members of the Outdoor Circle of the Kilohana Art League has resulted in a division of activities. Although the original plan — that of beautifying Honolulu — will be strictly adhered to and several steps toward advancement were taken this week, the part the Kilohana Art League is to take in the Public Welfare Exhibit to be held at Palama Feb. 26 to March 1 has called for a considerable amount of planning and the Outdoor Circle has been temporarily sidetracked, as it were.

As is generally known, the Welfare Exhibit has been planned by Mr. J. A. Rath for the purpose of showing the good and bad conditions of the city and to demonstrate the best methods that are being used along sanitary and educational lines. The co-operation of the best civic institutions has been enlisted and a very admirable showing is anticipated. The part the Art League is to play in the affair is announced herewith for the first time.

The suggestion also that clumps of hibiscus be planted should be carefully followed with an eye to harmonious color effects, etc. If, as the Outdoor Circle purposes, Honolulu is to be known as a hibiscus city as Portland, Ore., is a rose city, careful attention to matters of this kind must be paid, although the hibiscus lends itself admirably to hedges; it is equally if not more effective when allowed a more profuse and graceful growth.

HOW TO CARE FOR SHOES

Blow gently upon shiny leather shoes before putting them on. Such shoes are made by putting an enamel on leather and baking it. If this enamel is cold when you put your warm foot into it, the difference in the temperature will cause it to crack. It should be warmed until it is about the same temperature as the foot. When drying, pack enameled shoes in cotton instead of tissue paper.

When polishing tan shoes, do not rub them too long or too vigorously. Too much friction is liable to blister them, "buckle," as the term is. Rapid rubbing does it.

When cleaning white shoes, do not put too much water into the cleansing material used. After cleaning, wipe the shoes as dry as possible. These precautions prevent them from shrinking or getting out of shape.

Shoe soap is good for cleaning and polishing shoes. It is not quite so brilliant as some of the polishes, but it is better for the leather.

CREAMED CALF BRAINS

This dish is especially good. Parboil calves' brains, chop fine, mix with one cupful of cold cooked peas, well seasoned. Make a sauce of one cupful of sweet milk, one-half cupful of cream, one level teaspoonful each of salt and pepper. Add the peas and calves' brains. Heat and pour over slices of crisp toast.

WIFE WOULD DARE MOUNTAIN WITH HER HUSBAND



Mrs. Herschel Parker, wife of Prof. Herschel Parker of Columbia University, wants to go with her explorer-husband when he tackles Mt. McKinley in Alaska. Prof. Parker has failed twice before, but is determined to reach the top and prove that Dr. Cook, of North Pole fame, did not climb the peak as he has claimed.

Gastone Giggiano, a tailor about 46 years old, committed suicide in the confessional of St. Augustine's Roman Catholic church in Bridgeport by taking carbolic acid.

SCHOOL LUNCH SUGGESTIONS

Try to keep an interest in your school children's lunches! This is not easy work for after you have put up one or two or more lunches for the schoolboys or girls five days a week for a few months the business becomes monotonous and you fall into the way of giving the same thing over and over again, without regard to variety or to appetizing qualities.

Here are some sandwiches a little different, perhaps, from what you are in the habit of putting up for the lunch box. The stand-by of the school lunch is the sandwich, and if you wish your children to satisfy their appetites with the wholesome food you give them instead of filling their stomachs with pastry or candy of doubtful excellence, you must make an effort to seek novelties and surprises.

Egg Sandwiches.

Boil three eggs hard, putting them in cold water, and letting them cool fully ten minutes after the water comes to the boil. Throw them in cold water, peel off the shells, chop the whites fine and rub the yolks to a powder. Make them to a paste with a tablespoonful of melted butter, add salt and pepper to taste and spread on whole wheat or Graham bread, cut neither too thick nor to a water-like thinness.

Plan your sandwiches the day before and have bread at least twenty-four hours old. New bread crumbles and will not cut well. Never send out a messy-looking sandwich, even for a schoolboy.

Cold-Meat Sandwiches.

Cheese your cold meat fine, season it with salt and pepper and if it has the character of its own put with it a little good pickle, also minced — enough to add a little zest to it. Moltet this with butter or well-seasoned gravy and spread on white bread.

Brown Bread, Cheese and Raisin Sandwiches.

For this buy or make the Boston brown bread. Slice and butter it and spread it with cream cheese or potato cheese which you have softened with milk or cream or melted butter and diversified by the addition of a few raisins seeded and chopped. The cheese is nutritious, the raisins not, only add to the flavor but are said to possess stimulating qualities which aid digestion.

Slice rare roast beef delicately and lay it between two thicknesses of white or brown bread. Sprinkle the beef lightly with salt and after the sandwich is made trim off carefully, that there may be no scraps of the meat protruding from the side.

Peanut Butter Sandwiches.

Slice your bread thin, butter it on the loaf before it is cut, spread peanut butter on with discretion and trim off the crust. These little sandwiches are delicate and appetizing, although they would not go far to satisfy the average hungry boy or girl. Make them as a sort of relish rather than as a sandwich.

POINTS IN SILK BUYING

Don't buy silk and lay it away. The silk dries and the dye rots it. Then when this silk is made up it goes to pieces in no time.

When making up any sort of a thin, light-weight silk, use a lining. Even a lining of 12-12 lace is better than none. It takes the strain off the silk and also prevents it from becoming stained and weakened by perspiration.

Marquissettes, groundines and such fabrics should be stayed at the seams where the strain comes. If they are not, they will tear out.

In making up a silk, consider the character of its weave and its quality, when planning the style in which it is to be made. An inexpensive silk should not be made too tight, though fortunately styles nowadays incline to loose, easy effects rather than to the extremely close-fitting. One should not make up a thin, inexpensive silk for hard wear and put it through day in and out. If she does it will go to pieces in no time. Yet many a woman does this and then thinks she has not got her value in wear out of it.

Pongee, foulard, mosaeline and peau de chine are the silks for hard wear. Where one wants effect rather than service, other silks can be chosen.

Cream Cheese and Jam Sandwiches.

Soften cream cheese with milk or cream or butter, put it with an equal quantity of raspberry jam and spread on sliced bread or on strips of toast.

Marmalade Sandwiches.

Spread thinly buttered toast with orange marmalade or with jam.

Besides the sandwiches make other provision for the school children's lunch. Buy a few small stoneware nappies and dedicate them to the service of the luncheon basket. Sometimes put baked beans in them, sometimes salad of some kind — chicken, cold lamb, vegetable or fruit salad, or raw tomato, or a sweet pepper filled with cold meat, or with chopped celery or green peas. Or bake a custard in one of them, or a tiny rice pudding, or fill it with jelly or tapioca custard when you are making the large family dessert or cook a miniature cottage pudding in it. Or perhaps put a baked apple in it, or a sliced orange, or any other dainty which may coax the child's appetite, and always, when you can, have a cup of hot soup, or some warm and savory and nutritious left-over put to one side for the child who comes home hungry or merely empty in the middle of the afternoon.

WELCH RAREBIT

Melt a tablespoonful of butter in the double boiler of a chafing dish — that is in the inner vessel, while the outer one contains boiling water. See that this is actually boiling before you begin your cooking. To the butter add a gill of ale or beer, and when these are smoking hot put in a half pound of soft dairy cheese, grated. When this is melted and stringy, stir in a tablespoonful of celery salt, a tablespoonful of dry mustard and a pinch of cayenne pepper. Have the whites and yolks of two eggs separated and both beaten very light, then mixed. Dip out some of the hot cheese mixture and stir it into the eggs; turn all back into the chafing dish. As soon as the rabbit has reached the hot, creamy stage, which should be in about two minutes, add the final seasoning of a teaspoonful each of lemon juice and of Worcestershire sauce. Serve on toast. This rabbit will remain light and good as long as there is a bit of it left. It does not become stringy in cooking as do Welsh rarebits made without eggs.

NEW VANITY BAG

The latest fancy for exploiting the beam is seen in the new vanity bags made entirely with beads a trifle larger than a hairpin head.

The bags are lined inside with silk or brocade, and have the usual elastic top whilst the outside is covered all over with beads, all of equal size. Beads form the loop handles, and make a fringe at the lower edge of the bag.

Bulletin ads best Business Getters.

Feminine Chat

QUESTIONING whether a true "enigma" ever occurred that is whether anyone can repeat any experience as it appealed to him the first time, a writer in Scribner's introduces Browning's familiar lines about the thrush:

"There's the wise thrush, he sings each song twice over,

Left you could think he never could recapture

The first line careless rapture."

The writer says: I wonder if the poet, being plucked down to a final conviction, would have consistently defended the wisdom of his bird. Poets say so many things in so many different moods. Anyway, what kind of a thrush was it that sang his song twice over? Not the thrush that lives in my woods; he never repeats himself. It is undeniably true that he utters the same notes very many times in the course of one woodland afternoon; but he combines them so differently that he always seems to be saying something entirely new. Even when he recurs to a whole strain, it is with no effect of repetition, but swinging around to it through such a sequence of modulations and changes of key that it falls on the ear with a bright brown in a quick oven.

A delicious new peanut confection is made as follows: Skin and chop two cupsfuls of roasted peanuts, and add two cupsfuls of sugar, two tablespoonsful of flour, and the whites of four eggs beaten stiff. Drop upon buttered paper by the spoonful, and bake to a light brown in a quick oven.

A successful way to restore pearl buttons to their original brightness and beauty is first to rub them with a little olive oil, to take away the blurred look; then sprinkle with nail powder, and rub well with camomile skin.

An innovation for luncheon or afternoon tea is the serving of graham crackers, put together with marshmallow frosting. They are delicious, easily prepared and wholesome.

To prevent accidents with bottles containing poison, buy a dozen tiny bells, and every time a bottle of poison is brought into the house tie a bell to the neck of the bottle. Even in the dark, the bell will tinkle its warning. Another good way is to paste a piece of sandpaper securely to the top of the cork. One can easily detect the rough surface and thereby know the contents.

There are so many brass ornaments in use just now that the busy housewife finds it a task to keep them bright. Wash them all over with strong ammonia, using a brush to scrub the embossed and wrought parts. Rinse in clear water, slightly warmed, wipe dry, and polish with a bit of leather.

FAT IS FATAL

Fat is fatal to Health, Comfort, Happiness and often fatal to Life

Let me send you a trial treatment FREE OF CHARGE. You can get rid of your fat safely, surely and quickly



What my treatment has accomplished in hundreds of cases. It will help you! Try it!

E.A. Richards, Ex-Mayor of Holly Hill, Fla., says: "Your treatment cured me permanently, it has been two years since I stopped taking it and I have not regained a pound. It also cured my Dyspepsia."

Rev. Gary Kimball, 112 S. Jackson St., Janesville, Wis., says: "Before I took your treatment I was subject to violent shaking fits and my friends were often afraid I would choke to death. Your treatment has cured all this and I feel my weight is normal again as it never was another weight."

I have had such wonderful success with my method of reducing superfluous fat that I have decided to offer for a limited time—free trial treatments.

Hundreds of testimonials on file show that my treatment takes off fat at the rate of 5 to 7 pounds a week and what is more, that the fat does not return when the treatment is finished.

No person is so fat but what it will have the desired effect, no matter where the excess fat is located—stomach, bust, hips, cheeks, neck—it will quickly vanish without starving, exercising or in any way interfering with your customary habits. My treatment is endorsed by physicians, because of its easy, natural eliminating action, of abnormal flesh and its beneficial effect on the whole system. Perfectly harmless; easy and quick results. Rheumatism, Asthma, Kidney and Heart Troubles leave as fat is reduced. Don't take my word for this; I will prove it at my own expense.

Write to-day for free trial treatment and illustrated booklet on the subject; it costs you nothing. Address Dr. J. Spillenger, Dept. 329F, 72 Madison Avenue, New York City.

Editor's Note: Dr. Spillenger is well known as a successful Obesity Specialist and any statements he makes can be absolutely relied upon. He is licensed and registered by the State of New York.

Y. TAKAKUWA,
Broker and Wholesaler

We have just received a large assortment of

Japanese Matting
[Fuji Brand]

Specially made to our order

Also a large variety of Mats in many sizes
PRICES REASONABLE

Y. TAKAKUWA,

Nuuuanu Street - Near King